

## And Prayers.

frō al noughty affections of minde,  
from all miserie and tribulation,  
from al sinfull actes, whether they  
haue bine done, are done, or maye  
be committed by me, graunt this  
for the signe of the holy Crosse, and  
for the inestimable price of thy in-  
nocent and p̄cious blood, wherw<sup>th</sup>  
thou hast most mercifully redeemed  
me: who liuest & raignest one God  
world without ende. Amen.

**O** Lord, into the handes of thy in-  
estimable mercye, I cōmend my  
Soule, my body, my senses: my woꝝ-  
des & thoughtes, my workes & con-  
saile, & al the necessities of my body  
& soule: the course & ende of my life:  
to be p̄serued and directed by thee:  
now, & for euermore. Amen.

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The Waye to Commende our selues  
to God in the morning, & how  
to vse the former Exercise.

**I**F Thou would, Commende thy  
Helfe, in the moꝝning arighte:  
Thou muste haue respecte to these  
things that foloweth: First when  
thou risest, Arme thy selfe with the  
signe of the Crosse, and when thou  
hast so done, thinke not vpon friv-  
lous toyes, or vaine phantessies, but  
liste vp thy minde to God: and pre-  
pare thy selfe to say the prayers fo-  
lowing.

Secondly, when thou knéelest, for  
so we ought to praye: first geue  
thankes to God, then to his holye  
Mother, after ward to thy Angel y  
hath charge of thee, & also to all the  
Saints in heauen: that thou hast so

so safely passed that night, that thou  
died not in sin (as many a one doth)  
but arte preserved to this day, that  
through faith penance & good works  
y<sup>e</sup> might here in this life, purchase to  
thy selfe Gods fauour: Then shalte  
thou pray to passe the same day to y<sup>e</sup>  
glory of God, & saluatiō of thy soule.

Thirdly, purpose with thy selfe to  
do nothing that day, which may dis-  
please God, & then exercise thee in  
some one of those vertues which y<sup>e</sup>  
shalt find in the meditations before.

Fourthly, it wilbe good, breefly to  
thinke vpon y<sup>e</sup> houres of the day and  
generally consider what thou min-  
dest to do all the daye longe.

Lastly offer thy prayers to God, &  
with a lowly harte, desire his assis-  
tance: and say the Hymne folowing.

## Instructions

### The Hymne.

**N**OW that the daye starre doth vprise  
to god let vs our plaintes imploy,  
That in the thinges We doe embrace  
we may be garded from anoye.

Let him our lawish speech restrayne,  
least stormes of stryfe therby accrew  
And guide our sight that it ref. ayne,  
on tryfles vayne from taking vewe.

Let all our inward thoughtes be clene  
and flouth be banisht quite awaye:  
Let sparefull foode in dyet meane,  
the pryde of lust vntamede alaye.

That when the day is put to chafe,  
and course doth bring the nights reboūd.  
No worldly thinges we doe embrace:  
but vnto God his glory sound.

Vnto the Father aye that lyues,  
and to his one and onely sonne:  
And to the sprite that comfort giues,  
both now and aye be glory donne.



## And Prayers.

The prayer after the Hymne.

**O** Lord God almightie who hast brought vs to the beginning of this daye, preserve vs through thy goodnes, that this daye we fall into no kynde of sinne, but to the accomplishing of thy holy wil, we may direct our words, frame our thoughts & dispose our doinges, through our Lord Iesus Christ. Amen.

Holy virgine Mary and ye blessed Sainctes in heauen make intercession to our Lord for vs, that we may deserue to haue helpe & saluation of him, who liueth and raigeth for euermore. Amen.

Almightie God dispose our dayes and doinges in his peace. Amen.

What

## Instructions

What thinges are Next to be done,  
and how We ought to dispose  
the rest of the Daye.

**T**hou must next, Indeuour to  
call to minde suche thinges, as  
thou purposedst to doe that day, and  
at sundery times renew in minde,  
thy good entente and purpose: And  
tourne thy harte to God estsons, by  
sing some short effectual pzaier, that  
thou maist alwaies know he is pre-  
sent with thee: For that cause haue  
him euer in thy minde, and sight.

And when thou beginnest to pray  
or doe any thing: thou maiest recite  
this prayer that the Church vseth.

**P**Reuent our doings good Lord,  
w thy fauorable goodnes, helpe  
vs and further vs therin, that all

## And Prayers.

al our prayers, and whatsoeuer else  
we doe, maye alwaies take begin-  
ning of thee, and being so begunn,  
may be finished & ended in thee, thro-  
ough Christ our Lord. Amen.

Thou maiest also saye this prayer.

**G**ODD Lord Iesus Christ, I  
pray thee open my mouth, that  
therewith I may praise thee, & geue  
thanks vnto thee, for al thy goodnes  
towards me: And I beseech thee, to  
kepe my mind from al vaine thought-  
es, & distractions: And my mouth,  
from al euil speeches, leasinges, and  
fro al maner of offences, that ther-  
of may come.

Thy Prayers or Woorke, being  
ended, say as foloweth.

Rey



## Instructions

**R** Eceane, good Lozde, by the prayers and merites of our blessed Lady S. Mary the virgine, and of all thy Saintes, the worke of our seruitude, and if we haue done any thing worth commendation, behold it benignly, and what negligently we haue comitted forgive it most freely, which in perfect Trinitie liuest and reimest one god worlde without ende. Amen.

### An Admonition.

**I** T Is to be obserued that in the Morning and Euening, at vi. of the Cloke, and at Nine, when the bell knoleth: **M**: haue in remembrance, Christes Incarnation: because this Mistery, is the beginning of all other. . . . †. iv. . . . No